December 2016

'Friendly callers' improve health, social network



By Viki Bowman

Davis Retired and Senior Volunteer Program (RSVP) has partnered with the Meals on Wheels program in creating an opportunity for homebound, isolated individuals to enhance their sense of social connectedness. The connection is provided through weekly telephone calls to those dealing with confinement. The program is known as Friendly Callers and volunteers are the backbone.

THE FRIENDLY CALLERS PROGRAM allows individuals aged 55 years and

older to give service to others while adding to his or her social network.

Courtesy photo

The Friendly Callers program allows individuals aged 55 years and older to give service to others without leaving the security of home. Social circles shrink as we age, especially when declining health places restrictions on mobility. Involvement with the Friendly Callers program promotes a continued sense of engagement with the confined person in service to others while adding to his or her social network.

Getting involved in the program is easy. Those wishing to receive a social telephone call provide a first name and number to be reached at. They are assigned to a "Caller" and the first conversation is arranged for a specific day and time. After the initial contact,

the "Caller" and "Callee" schedule an agreed upon time for future interaction. Individuals wishing to become "Callers" complete the Davis County Health Department Volunteer Application and background check. RSVP assists with the enrollment process, provides orientation, coordinates the pairing of callers to callees, and provides support.

The Friendly Callers program is an ideal opportunity for homebound, isolated individuals to remain engaged, find a sense of purpose, and make new friends. Referrals to the program are appreciated.

For more information, contact Davis RSVP at 801-525-

Upcoming workshops for winter 2017

Stepping On Falls Prevention Workshop begins Thursdays, Feb. 2-Mar. 16, 2-4 p.m., at the Bountiful Library (725 South Main Street Bountiful).

Do not let the fear of falling keep you from living. Stepping On is an evidence-based program proven to reduce falls and build confidence in older people. Presenters such as a physical therapist, pharmacists and vision experts help you gain specific knowledge and skills to prevent falls.

For more information, call Morganne Housley at 801-525-5087

Living Well with Dia**betes** Workshop begins

Wednesdays, Jan. 11-Feb. 15, 6-8 p.m., at Wade Family Medicine (557 West 2600 South, Bountiful).

Living Well with Diabetes is a fun, interactive six week workshop to help people with type 2 diabetes better manage their health. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their selfmanagement program.

Subjects covered include:

Techniques to deal

with the symptoms of diabetes, fatigue, pain, hyper/ hypoglycemia, stress, and emotional problems such

as depression, anger, fear and frustration

- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers

Anyone with type 2 diabetes should attend the workshop. Family and friends of those with diabetes also are encouraged to attend.

For more information, call Morganne Housley at 801-525-5087.



Holiday gift donations sought for senior citizens

Davis County Health Department's Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be alone this holiday season or not have the financial resources to celebrate this year.

There are many who are in need of gift cards for groceries. Gift cards to local grocers and stores are greatly appreciated. Other items needed may include: bath soap, shampoo, laundry soap, dish soap, towels, blankets, socks and other items that may get day to day use.

Please turn in all gifts unwrapped or in an open gift bag. The deadline to turn in gifts is Friday, Dec. 16, by 5 p.m. to the Davis County Health Department or at one of the county's three senior activity centers:

 Autumn Glow Senior Activity Center, 81 E. Center Street, Kaysville • Golden Years Senior Activity Center, 726 S 100 E., Bountiful

 North Davis Senior Activity Center, 42 S. State Street, Clearfield For more details or to receive a specific gift request, contact Morganne

Housley at 801-525-5087 or email her at mhousely@co.davis.ut.us. Gift request will not exceed \$50.

Medicare Open Enrollment closes Dec. 7

Medicare subscribers are allowed each year to make changes to their coverage during Medicare Open Enrollment. Davis County Senior Services Medicare counselors are available through Dec. 7

Call 801-525-5050, option 5, for an appointment at any of the following loca-

• Tuesday, Dec. 6, at Autumn Glow Senior Activity Center, 81 E. Center Street, Kaysville.

• Thursday, Dec. 1, at

Golden Years Senior Activity Center, 726 South 100 East, Bountiful.

 Mondays-Fridays through Dec. 7, 8 a.m.-5 p.m. at Davis County Health Department Senior Services, 22 South State Street, Clearfield.

Additional Medicare 101 classes scheduled in Jan./Feb.

partment's Senior Services offers a one hour free class about Medicare options, enrollment, and benefits. If you are turning 65 or

preparing to retire, please join us for one of the following classes:

• Thursday, Jan. 24, 6:30-7:30 p.m. – Kaysville Library, 215 North Fair-

• Wednesday, Feb. 15, 6:30-7:30 p.m. - Clearfield Library, 562 South 1000 East, Clearfield

For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

field Rd, Kaysville Davis County Health De-



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All issues of Senior Scoop are available at www.daviscountyutah.gov/senior_scoop



AG – I Smile **AG** – Lightside DECEMBER Dental 11:30 Choir 10:45 Food Bank/Bread Ceramics 12 **GY** – Dancing **GY** – Water Grannies 8:30 Color 9 ND - Miles Coe ND - Texas on piano 11:30 Hold' em 12 4 10 AG – Chair Tai AG - Food \$ense AG - Blood AG – Autumn AG – Crazy w/USU 11 pressure checks Chi 10:40 Quilters 10 Glow Choir GY - "Luana's Kaysville Jr. GY - Wood 10:30 Singing 10:30 11:30 Combo Band" **GY** - Stained Carving 9 Happy Tappers GY - Sit N Fit Zumba 9:30 11:30 Glass 9 10:30 ND - Utah Military GY - Miles Coe ND - Dancing 8:30 **ND** – Christmas Yoga 10 Academy on piano 11:30 Movie 12 Grannies ND - Bingo performance ND - Food Bank Knit & Crochet performance 12:30 11:15 12 12:30 11:15 11 12 13 14 15 16 AG - Oil AG - Columbia AG - Tap AG - Tai Chi AG - **Dec. Painting 9 Elementary 11:30 Dancing 5 p.m. 9:40 Birthday Party w/ **RT: Christmas **GY** – Ceramics 9 **GY** – Bingo Food Bank/Bread Miles Coe on GY - Lapidary 12:30 Lights 4 Senior Social piano 11:30 Arthritis Class GY - Millcreek Jr. **GY** – Movie 11:15 8:30 12:30 High Choir 11:50 **ND** – Art 9 Arthritis Class 12:30 ND - Brain ND - Blood Free Card 12:30 ND-Wasatch Games with Pressure Clinic Making Class ND – Food \$ense Elementary LeeAnn 10:45 10:30 10:30 w/USU 1 performance AG - **RT: City AG -**Christmas AG - Water Ex 9 AG - Arts & AG – Bingo Creek Christmas Party w/ Ruby 10:15 Arthritis Ex 9 Crafts 9 Bell Choir 11:30 GY - Dancing Reiki 10:30 Tuesday 11:30 11 **GY** – Sherri the GY - Sit N Fit **GY** – Stained **GY** – Jim Grannies Jensen on "Cowgirl" 11:30 performance 11 8:30 Glass 9 ND - **Foot Clinic Accordion 11:30 *Positive Aging ND - Christmas ND -**Christmas **ND** – Bingo by appointment 5-7 p.m. Movie 12 Party 11:15 12:30 ND - Food Bank 25 29 31 28 Centers AG - Watercolor AG – Wire **GY & ND Dec **AG** – Lapidary **Closed for** 8:30 9:30 Wrapping 8:30 **Birthday Party Christmas** Reiki 10:30 Bingo 10:15 Food Bank/Bread AG – New **GY** – Line GY - Blood **GY** – Arthritis Year's Eve Party Holiday Dancing 10 Pressure Clinic 10 Class 12:30 11:30 ND - Lapidary 8 **ND** – Art 9 ND – Card GY - Tai Chi

Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change) GY ~ Golden Years ND ~ North Davis AG ~ Autumn Glow (801) 451-3660 (801) 444-2290 (801) 525-5080 **81 East Center Street 726 South 100 East** 42 South State Street Kaysville, UT 84037 **Bountiful, UT 84010** Clearfield, UT 84015

Bingo 12:30

China Painting 9

Blood Pressure

Clinic 10:30

9:30

ND – New Year's

Bingo 12:30

Games 12:30

Knit & Crochet